

Re: Junk food and deserts have always been my treat

Source: <http://sci.tech-archive.net/Archive/sci.med.nutrition/2004-09/0185.html>

From: CB (*bellecd_at_sprint.ca*)

Date: 09/02/04

Date: Thu, 2 Sep 2004 19:41:15 -0400

"Lictor" <ghostmlNOSPAM-REMOVE@online.fr> wrote in message
news:41374c26\$0\$16915\$79c14f64@nan-newsreader-05.noos.net...

> *"severesocialanxiety"* <samappliance@yahoo.com> wrote in message

> news:9d9a6dc1.0409012222.527870f0@posting.google.com...

> > *Going to the bakery is the main source of happiness in my life.*

>

> *Then, that's the root of the problem. There is nothing wrong with feeling*

> *pleasure at eating food you like, it's part of what makes us human being*

> *(though animals find pleasure in some food too). However, when food*

> *becomes*

> *the "main source of happiness" in your life, something is *really* going*

> *wrong with that life.*

> *May I suggest that you seek someone to assist you in solving that issue?*

I'm

> *thinking about a psychologists or psychiatrist specialized in eating*

> *disorders and/or depression. Cognitive therapies and behavioural therapies*

> *have good results, but I would not rule out classical psychoanalysis*

> *either.*

>

> > *I don't know how I can just abandon all my sweets.*

>

> *Why the hell would you want to abandon them *all*? What's the reason for*

> *that?*

> *I mean, you might certainly have to abandon *some* of them. Just like most*

> *people have to abandon some of the food in their plate, once they have had*

> *enough. Or like they have to symbolically "abandon" some of the food on*

> *the*

> *menu at restaurant, because they can't eat everything that is on it. But*

> *this certainly doesn't prevent them from going out and eating at*

> *restaurants.*

> *You seem to reason in binary mode. Either you have all the sweets, or you*

> *have none. This points to some cognitive distorsion or psychological*

> *issue.*

> *Again, this is something that can be helped.*

>

sci.med.nutrition: Re: Junk food and deserts have always been my treat

> > *It leaves a vacuum in my life. I feel like my arms have been cut off.*
>
> *And eating "fills" that vacuum. Like, when you have your stomach full and
> stretched, you feel like you exist. Maybe you even like the pain you get
> from your stomach, because it makes you feel like you are real. This is
> understandable, and not that uncommon. But it's certainly not normal. Food
> might help with some negative emotions from time to time. Everyone has a
bit
> of chocolate from time to time, and feels better afterwards. However, you
> have a real problem when it reaches that kind of intensity.*
>
> > *I think I know what it is like to be one of the those starving third
> world kids you see on
> tv begging for money.*
>
> *Whether you put the food inside your mouth or inside the garbage bin is
not
> going to help these kids. If you really want to help them, I suggest you
do
> your duty as a citizen and try to get the right politician in control of
> your country. You might also want to look into concepts such as "Fair
Trade"
> and "sustainable agriculture". You might also want to check issues such as
> patents, subsidies to farmers in the US and Europe and so on. That would
> certainly help these kids more than trying to fit the whole bakery inside
> your mouth. Anyway, these kids are a political problem, and they don't
have
> much to do with your daily activity of eating (though the western world
> eating less will eventually help them).*
>
> *Now, back to your problem. You don't have a sci.med.nutrition problem.
Well,
> maybe you have one, but it's a tiny matter compared to the rest. You don't
> need a diet either, they're pretty useless on your kind of problem. What
you
> have is a purely cognitive and psychological problem, an eating disorder.
> Probably a basic cognitive distortion (false cognitions about food, like
bad
> food—good food, can't have all so can't have any...), maybe with
> hyperphagia. Don't bother with a diet before you fix that problem, because
> otherwise, the diet *will* fail dramatically. This doesn't mean you should
> do nothing. It means you have to seek a qualified professional with a
> specialty in eating disorders.*
>
> *Sound advice, maybe, but rather long-term. As a sugar addict myself, I
think the problem is partly psychological but also partly physiological.
There are some practical steps you can take right away, like substituting
fruit and small amounts of dried fruit, unsalted nuts and high-cocoa-solids
dark chocolate for your regular snacks. If you don't eat any sugar for a
while, these snacks will taste very sweet to you. Drink lots of water, or
green tea (which is pretty good without sugar). Don't let yourself get too*

Re: Junk food and deserts have always been my treat

sci.med.nutrition: Re: Junk food and deserts have always been my treat

hungry — eat small extra meals including a lot of vegetables and moderate amounts of whole grain foods. If you feel sugar cravings, look at your watch; force yourself to wait ten minutes before you give in, then eat an orange or apple, slowly. Don't do anything else while you're eating; enjoy the food. Ask yourself before you've finished if you are still hungry; if not, save the rest for a little later. If you slip, try again and keep trying. People who succeed in dropping bad habits usually fail repeatedly before they succeed. Good luck! CDB